



DHS Today via E-Mail
May 27, 2005



HELPing to Make You Healthier
By Arlene Rose – Arkansas Dept. of Health

Obesity, fitness and healthier lifestyles have been talked about so much in the news that it makes me reflect on the past ---when walking almost everywhere was the norm, eating all your fruits and vegetables was required before you could leave the table, and children looked forward to playing outside for hours on end. Although walking was sometimes done out of necessity, everyone did it, so you always had company. Living in the 21st century world of eating fast and getting everywhere as quickly as possible has helped us lose sight of basic health strategies – walking and eating the right foods.

To assist employees in achieving better health, a new worksite wellness initiative called **Healthy Employee Lifestyle Program (HELP)** was recently unveiled to the Arkansas Dept. of Health and the Dept. of Human Services employees. **HELP**, a voluntary, incentive-based program, rewards employees for healthy habits including; exercising regularly, eating fruits and vegetables, being tobacco free, getting preventive health screenings, and completing a Health Risk Assessment. You can earn prizes for participation ranging from small tokens like Dynabands to larger, more meaningful incentives like a weekend stay for two at an Arkansas lodge and time off from work. Be among the over 800 colleagues in both DHS and ADH who have already signed up. Let's get back to basics. Register today to take charge of your health and let **HELP** help you achieve a healthier lifestyle. Employees can log in on DHS Gold under employee services.

Division of Volunteering - Friends Learning Together



The AMIGOS "Friends Learning Together" Program in partnership with the Division of Volunteerism welcomed a team of gifted young people ages 18 to 23 in to Washington and Baseline elementary schools, to assist with tutoring English language learners. The tutors are members in the National Civilian Community Corps (NCCC), a program designed to serve others through community needs with creativity, leadership and hard work. NCCC

members tutored students at the two schools throughout the day and worked at La Universidad de la Promisa – Promiseland Ministries in the evenings, where they continued tutoring children in the after school program. “NCCC works with the students during the last semester to give them that extra push and motivation needed to finish school”, Rocio Hlass (DOV) said. The AMIGO “Friends Learning Together program is a volunteer program aimed at helping children improve academic achievement and language skills, heighten self-esteem and adjust to the new environment in the United States. The program works with state government, faith-based organizations and local school districts to meet the needs of English language learners. “The AMIGOS program has been implemented in five schools in Little Rock and one in North Little Rock. “We have about seventy AMIGOS working with our students at this time. We are very proud of our partnerships with other community organizations and the Little Rock and North Little Rock School Districts”, said Hlass.

DHS AROUND THE STATE



White County DHS Team Awarded First Place Statewide

Loyal Crawford (White County Administrator) attended the White County Leadership Planning Meeting on February 24, 2005 regarding the Healthy Arkansas campaign. At that Leadership meeting, **Alberta Crow (Health Department Administrator)** openly challenged the Department of Human Services to participate in the “Walk Across Arkansas” campaign in competition with the Health Department. A DHS team was formed consisting of **Loyal Crawford (Team Captain) DCO, Ute Wesley DCC, Kay Price DCO, Melissa Neuhaus DCC, Ron McLaughlin OCC, Julie McLaughlin DCO, Kathy Ash DCO and Carla Richardson DCFS**. The first of March, 2005, the team met and named themselves the “DHS Rollie Pollie’s”. After eight weeks of walking, the DHS Rollie Pollie’s reported a total of 1998.05 miles walked and 48 team pounds lost. At the General Staff Meeting on Wednesday, May 11, 2005, Katie Cobb with the University of Arkansas Cooperative Extension Service presented Certificates of Achievement to the DHS Team. She also announced that the DHS team came in first in the county and first in the State as the top walkers for the ‘Walk Across Arkansas campaign’.

DCFS Area 10 held its **Annual Foster Parent Conference on April 23, 2005** in Stuttgart, AR. Speakers included DCFS Area 10 Interim Manager Treda Rice-Vance; Tammy Vaughn, UAM Academic Partnership Coordinator; Dr. Richard Clubb, UAM Instructor; Lee Allen, UAPB IV-E Field Instructor; Judge Baird Kinney; Dr. Bonnie Bradley, AR Health Dept., UAPB Instructor; Beatrice Isom, Adoption Specialist; and Diane Daniels, Independent Living Coordinator for Area 10. Lunch was served and door prizes were given to the Foster Parents. The theme this year was, "Children Are The Seeds Of Our Future, Plant The Seeds And Watch Them Grow!"



Did you know?.... Sharon Miller (Crittendon County DHS) is an author of two books, **"Take Away The Shame"** and **"After the Break of Dawn, Joy Comes"** published by AuthorsHouse.com.

Congratulations to...

Helen Booker(OAS - Records Management) will be honored at the Birthing Project Awards Luncheon on June 11th, sponsored by the **Watershed Human and Community Development Agency**.



Shenna Shuler (Arkadelphia HDC) is the winner of the 2005 DHS Heart Walk T-shirt design contest.

Corrections from newsletter dated 4/25/05...

-Congratulations to William Simpkins (SEAHDC) for receiving Masters Degree in Education from the University of Arkansas at Monticello on 5/13/05 .



Thought for the day:

If you think you can or you think you can't, you're probably right. – Henry Ford

Community Calendar...



May 30th - Memorial Holiday.

June 1st - DHS Toastmasters 15th Anniversary Celebration

June 28th - Community Service Awards, 7 p.m. Embassy Suites Hotel, L.R.



Do you have something you'd like to share in the newsletter?
Send e-mail to Julie.Munsell@arkansas.gov or
Ingrid.Green@arkansas.gov. Send a fax to (501) 682-6836 or
call (501) 682-8650.